



WEEK 8

Here we are in our final week of the program!

And guess what? There's nothing NEW for you to learn this week. Just a recap and a question for you around commitment. In particular, what are you committed to? I was confronted when a mentor told me that if I wasn't committed to a certain thing, I was actually committed to the opposite....

So in the context of our tech habits, if you are not committed to creating freedom for yourself, then you are actually committed to staying exactly where you are...

... Eeeeeek!

Here's a recap of the things we've covered so far:

TECH HINTS

Turn off Notifications

Tidy up!

Do Not Disturb

Send a voice text

Black and White screen

Create Folders

Create Screen Saver

Remove your social apps

WEEKLY CHALLENGES

Know your usage

Phone Central

Stop checking while waiting in line

Create a new night habit

No phone first thing



No phone at meal times
Take 100% responsibility!
No phone around kids/partner

All that's required from you this week is revisiting this list and recommitting to anything you might have missed.

And knowing that this journey is WORTH your commitment.

I'll check in on Friday, as per usual, for a final message.

Enjoy today's commitment video.

VIDEO TRANSCRIPT

Okay, this is it. This is the final week of Small Steps To Tech Freedom, and I really hope that you've picked up some habits and some tips that will absolutely change the way you interact with your technology going forward. Remember that it is hard to break these habits, that our phones are built in ways that try to get you back. All the apps, all the notifications, the way social media is run, it's all designed to get you there, and keep you there.

But you have the power over how this happens for you. You set the boundaries. You choose the notifications. You turn things off. You put your phone away from you. Do all the things that you need to do in order to have a balanced and amazing happy life and technology that adds to that, that doesn't take it away.

I know you can do it, but the question is what are you committed to? What have you learned, over these past few months, that you can take forward with you, knowing that you can be self-integral, knowing that you can stick to it? Really, remember that this has been a lot of information coming at you for a long time, but I'm sure there's little things that you've picked up. Go back and check out all of the different things that you can do.

When you're ready to hit the next stage, when you're ready to create a little bit more freedom, know you have power over your technology. It doesn't have power over you.

I believe in you, and I want to ask you: What are you committed to? And then go ahead and do that. See you soon.